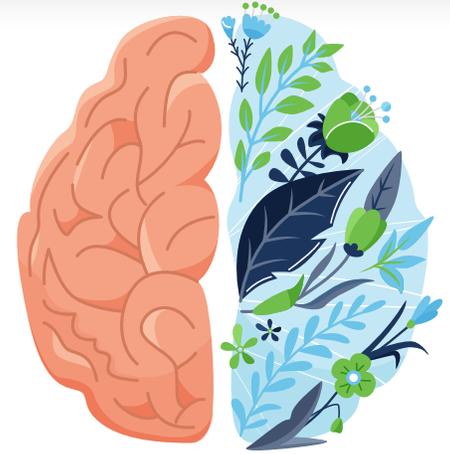




## WHAT IS RESILIENCE?

Resilience refers to the ability to successfully adapt to stressors and maintain psychological well-being in the face of adversity. Essentially, it is the ability to cope and bounce back from difficult situations. Being resilient does not mean someone won't face challenging events; it just means they have tools to better cope when these events do arise.



## WHAT MAKES AN INDIVIDUAL RESILIENT?



Resilience can and will look different for everyone in various situations. Here are some key characteristics of people who are resilient:

- ♥ Having a positive self-perception
- ♥ Effectively managing emotions
- ♥ Understanding and accepting that life is full of challenges
- ♥ Believing that they have control over the outcome of their life
- ♥ Exhibiting strong problem-solving skills
- ♥ Being skilled at communicating
- ♥ Being able to ask for help when needed



## HOW CAN YOU BECOME MORE RESILIENT?

The key to building resilience is to find strategies that are going to work for you personally in a variety of different situations or in response to a variety of different stressors. You may need to try many different strategies and be prepared to change your strategy depending on the challenge you are facing. You don't need to wait until you are in a difficult situation to build resilience, try some of these techniques now to encourage resilience.

-  **1 Deep Breathing** – while breathing is something everyone does, most people don't think about how they are doing it. Take some time to be intentional with your breathing, take deep breaths from the abdomen.
-  **2 Have the courage to be imperfect** – accepting that things will not always go according to plan can help you adapt in different situations.
-  **3 Laugh everyday** – take time to find joy in your day, smiling and laughing are so beneficial for your mental well-being.
-  **4 Take time for yourself** – try something new or something that brings you joy.
-  **5 Be active everyday** – get outside and get some fresh air or just spend some time moving your body.
-  **6 Spend time with people who make you feel good** – surround yourself with people who will lift you higher and support you when needed.
-  **7 Do one thing that you've been putting off** – tackling things you have been putting off is a good way to feel more in control of your life.
-  **8 Focus more on things you can control** – let go of things that are out of your control. Focus on the problems with solutions that you can achieve.
-  **9 Positive thinking** – try to look at things with an open mind.
-  **10 Be optimistic** – having a positive outlook can change how you approach each and every challenge you face.
-  **11 Work on coping skills** – believe in yourself and that you can manage whatever comes your way. If you can't change something, let it go until the right solution comes along.

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Please note that this tip sheet is educational and not intended for diagnosis and/or treatment. Discuss any symptoms you have with a physician.

Resources:  
<https://www.resiliency.tools/tipsheets>